Sunkist Bulletin

Food Lesson Number 5
(1933 Series)

FRUIT SALADS IN THE ADEQUATE DIET

THE FRUIT SALAD. A fruit salad is an ever popular service on the luncheon, dinner or special refreshment menu. It furnishes one of the most flavorful dishes of the meal and may in addition be planned to provide a decorative note, pleasing to eye as well as palate. Fruit may be used in salads of all types.*

A fruit salad is a good choice for one of the "two salads a day," recommended by leading nutritionists as protective foods for a completely adequate diet. Fresh fruits provide important and necessary vitamins, in uncooked form; bulk; minerals; alkaline salts, which balance the good and necessary but acid-forming meat, eggs, cereals and breads; and fruit sugar.

CITRUS FRUITS IN THE SALAD. The citrus fruits—oranges, lemons and grapefruit—are ideal for salads since their flavors combine well with other salad ingredients, such as vegetables, meat, cheese, nuts and other fruits. The juices of citrus fruits, moreover, add delicacy of flavor to many salad dressings and their use to provide the tart element in such dressings has become universal.*

FOOD AND HEALTH VALUE OF CITRUS FRUITS. The health value of oranges, lemons and grapefruit gives salads in which these fruits are used in uncooked form, an important place in the menu. They:

Stimulate appetite and so aid digestion.
Stimulate growth in children.
Promote the retention of calcium, phosphorus and certain other food elements.
Build body resistance and protect against scurvy.
Promote development of perfect teeth and good bone structure.
Prevent and correct acidosis.

Mayonnaise

Oranges furnish laxative bulk and easily digested food energy of the best type.

These beneficial results are partially due to the fact that these fruits contribute to the diet:

Vitamins A, B, C	Alkaline salts	Cellulose
Minerals (Calcium, phosphorus, iron)	Fruit sugar	Water
	Fruit acids	

*(See page 2 for Fruit Salad Menu Guide and Fruit Salad Dressing Guide.)

FRUIT SALAD MENU GUIDE

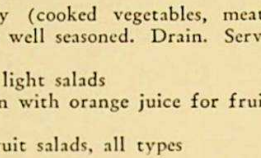
Course	Portion Size	Ingredients	Dressing
First (or Appetizer)	—Small	—Light fruits, or fruits and vegetables	—French
Separate (or with Meat)	—Medium	—Light fruits, or fruits and vegetables	—Any
Main*	—Generous	—Fruit with nuts, cheese, meat or fish	—Any (marinate meat or fish)
Dessert*	—Medium	—Mixed fruits or jellied or frozen	—Mayonnaise, whipped cream or cooked

*The main dish or dessert salad is often served for special refreshments.

FRUIT SALAD DRESSING GUIDE

Dressing	Served With
Lemon Juice (with salt)	—Avocado, sliced tomatoes, combination vegetable salad, etc.
Lemon Juice (with sugar)	—Lettuce or grated carrots or grated apple (for children)
Lemon or Orange Juice Marinade (juice only)	—Bananas, apples, etc. (to prevent discoloration) or raisins, dates and other dried fruits
Marinade (lemon juice with oil and seasonings)	—Add to ingredients separately (cooked vegetables, meat, fish, etc.). Let stand until well seasoned. Drain. Serve an additional dressing
French	—All types of salads, especially light salads
Mayonnaise	—Heartier types of salads. Thin with orange juice for fruit salad
Cooked Dressings	—Heartier types of salads or fruit salads, all types

ORANGE SALAD COMBINATIONS



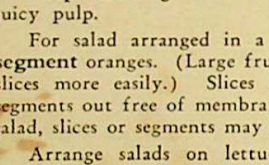
Prepare oranges for salads by peeling fruit down to juicy pulp.

For salad arranged in a decorative pattern **slice** or **segment** oranges. (Large fruit segments well; small fruit slices more easily.) Slices may be cut in half. Cut segments out free of membrane. For a fruit combination salad, slices or segments may be cut in **pieces.**

Arrange salads on lettuce-covered salad plates. Serve with any desired dressing.

Combine **orange** with any one of the following:

Avocado slices and **Grapefruit** segments in flower-petal pattern (as illustrated).
Cheese balls (any soft, flavorful cheese; cream cheese rolled in toasted coconut).
Pear or **Peach** half, filled with cottage cheese. Circle with orange.



Cranberry jelly mold. Circle with orange half slices.

Egg, deviled. Alternate lengthwise slices with orange segments.

Melon balls or cubes. A good first course salad.

Romaine (see illustration at left) or **Watercress.** Salad Marinade is good with this type of green salad.

ORANGE AND SALMON SALAD *(Serves 6-8)*

1½ cups orange pieces, drained
2 cups canned or boiled salmon, flaked
½ cup chopped celery
2 cups shredded lettuce
¼ cup minced pimiento (not required)
½ cup French Dressing

Combine ingredients; serve in crisp lettuce cups with Lemon Mayonnaise.

ORANGE MEAT SALAD *(Serves 6)*

2 cups cold roast lamb (veal, chicken, or duck), cut in small pieces
4 oranges, cut in pieces
Lettuce

Marinate meat in Salad Marinade. Combine orange and meat. Serve on lettuce leaves with French Dressing.

SALAD MARINADE *(Makes about ½ cup)*

Mix thoroughly: 6 tablespoons lemon juice, 3 tablespoons oil, 1 teaspoon salt, ¼ teaspoon pepper. (If desired, add ½ teaspoon onion juice.)

Especially Suitable Served For:

Main dish salad for luncheon or supper. Accompany with bread or roll and beverage

This guide and the recipes may be cut out and pasted on cards for filing in a recipe card cabinet after leaflet has been studied. All recipes have

ORANGE CHRYSANTHEMUM SALAD *(Serves 1)*

Cut through orange skin three-quarters of the way down and in very fine strips, being careful not to break strips apart. Remove pulp and cut in pieces. Place orange skin in a bed of lettuce leaves and fill center with orange pieces and long slender pieces of apple. Serve with Mayonnaise or:

SUNKIST SPECIAL SALAD DRESSING *(Makes about 1½ cups)*

3 tablespoons flour
2 tablespoons sugar
¼ tablespoon dry mustard
½ teaspoon salt
1 cup orange juice
1 whole egg or 2 egg yolks

Mix together thoroughly. Cook in double boiler until thickened. Add:

1 tablespoon butter
¼ cup lemon juice

Stir. Remove from fire and chill. Use on fruit salads.

California oranges have clean, waxy-textured skins, suited for decorative services.

Especially Suitable Served For:

Separate course salad
Special refreshments
Dessert salad

JELLIED FRUIT SALAD *(Serves 8-10 in individual molds)*

Gelatine Base

2 tablespoons gelatine
6 tablespoons cold water
1½ cups boiling water
1 cup orange juice
6 tablespoons lemon juice
¼ cup sugar
½ teaspoon salt

Soak gelatine in cold water 5 minutes. Add boiling water, orange and lemon juice, sugar and salt. Cool.

Salad

When beginning to stiffen, add:

1 cup orange pieces, drained
1 cup diced bananas
1 cup quartered marshmallows

Pour into individual molds and chill until firm. Serve with Mayonnaise.

Variations: Substitute 3 cups shredded lettuce, cabbage or carrots for fruit pieces.

Especially Suitable Served For:

Separate course salad
Dessert salad
Main dish salad
Special refreshments
Gelatine base alone or Fruit gelatine may be served without lettuce and dressing as a dessert.

FRENCH DRESSING *(Makes about ½ cup)*

3 tablespoons lemon juice
6 tablespoons salad oil
¼ teaspoon salt
¼ teaspoon paprika

Stir or shake thoroughly before serving.

Sweet French Dressing: Add ¼ cup strained honey or any red jelly to above.

Cheese Dressing: Add 2 tablespoons any creamed piquant flavored cheese, such as pimiento or Roquefort, to French Dressing.

Especially Suitable Served For:

All types light salads
Sweet dressing good for fruit salads

LEMON MAYONNAISE *(Makes 2¼ cups)*

(See illustration on first page)

1 egg yolk, slightly beaten
½ teaspoon salt
2 tablespoons lemon juice
2 cups salad oil

Mix egg yolk, salt and lemon juice. Beat in oil, slowly at first until ¼ cup is added, using a whirl type beater. Then add oil more rapidly, until all is added.

Fruit Salad Dressing: Add ⅓ as much orange juice to mayonnaise and blend well.

Especially Suitable Served For:

Heartier types of salads
Fruit salads all types

VITAMIN C SOURCES. Oranges, lemons and grapefruit are firmly established as the best sources of vitamin C. These fruits also are good sources of vitamin B and contain vitamin A, oranges being listed as a good source.

The importance of salads to supplement fresh fruit juices in providing vitamin foods in uncooked form, is especially applicable to vitamin C foods. This vitamin is among the food elements most likely to be lacking in the average diet. Total lack of it results in scurvy.

Typical symptoms of scurvy in the milder forms, still prevalent today, especially where foods are limited as in a minimum cost diet, are retarded growth and malnutrition in the young, "growing pains" or the so-called rheumatism in later life which disappears when fresh fruits are added to the diet, poor bone and tooth development in growing bodies, signs of anemia, lassitude, lack of appetite, irritability.

The first symptom of scurvy according to recent dental research* appears in the tooth structure. The teeth, like other parts of the body, are living, growing tissues, in which new cells constantly replace old. These new cells require for their growth, **calcium** (lime), **phosphorus**, **vitamin C**, and in the young, also **vitamin D**.

Vitamin C is easily destroyed by oxidation in such processes as drying, home-canning, cooking of foods, pasteurization of milk. Fresh oranges, lemons and grapefruit are the best and most dependable sources of this vitamin and are available in fresh form the year around. This is important since vitamin C is not stored in the body, and foods containing it should be eaten daily.

QUESTIONS FOR REVIEW

What food elements does the fruit salad contribute to the adequate diet?

Give four health reasons for eating two salads a day.

Why are citrus fruits good additions to the salad? Give some health values of these fruits.

Why should special precautions be taken to prevent scurvy in mild or severe forms in minimum cost diets?

SUGGESTIONS TO THE TEACHER

Plan menus in class, using various types of salads: a main dish salad for a luncheon menu; a dessert salad for a dinner menu; a salad for an afternoon tea. Discuss these menus in class, bringing out their good and bad points. Work out a minimum cost diet for a week, including one fruit salad each day to provide vitamin C.

Arrange a salad contest in which each student tries to make the perfect salad. Invite another member of the faculty or a senior student to be the judge. Previous to the salad lessons, give one or more on salad dressings, making a variety suited to the salad ingredients to be used in the contest.

OFFER OF MATERIAL

*Article Reporting Research Work on Relation of Diet to Dental Disorders. Milton T. Hanke. For this reprint and a free copy of Sunkist Recipe Booklet address:

Educational Department
California Fruit Growers Exchange
Box 530, Station C
Los Angeles, California

(Printed in U. S. A.)